



# WARNER WEEKLY

News & Information at Your Fingertips



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## Barracks to be managed by garrisons

By Douglas DeMaio, USAG Bamberg Public Affairs and Charlotte Woods, Bamberg High School

Installations throughout Europe are changing the way single Soldier barracks are managed through an initiative called the First Sergeant's Barracks Program.

Bamberg is no exception and started implementing the program last year when the housing division took over buildings 7043, 7090 and 7003 as test sites, said Sylvia Renger, FSBP manager for Bamberg's Directorate of Public Works Housing Division.

"This allowed us to see what actually had to be done to turn over a building to housing and to see what the daily management entailed," Renger said. "The program was established to improve single Soldier quality of life by standardizing living conditions throughout the Army."

FSBP is designed to move the responsibility

of maintaining daily operations of the barracks from assigned units to garrison staff members.

Similar to Army Family Housing Management, garrisons will maintain the control, accountability, maintenance, utilization and disposition of the facilities.

"It allows (unit leaders) to focus on their operational mission, leadership and training, without the everyday tasks of managing room assignments, terminations, key control and ensuring maintenance requests are submitted and executed," Renger said.

Every first sergeant will have a one-on-one briefing with the site manager before turning over the building and keys. The briefing is given to them on what to expect and the services provided and offers them the chance to raise questions or concerns. A list of occupants for the specific building is obtained to allow for preparation of necessary documents and updates to the housing

electronic management system. A section of housing will be in charge of checking tenants in and out, preparing vacated rooms for new tenants, keeping track of furniture and making repairs.

Every Soldier receives a briefing at the time of turnover; barracks rooms are inspected for the current condition; repairs are made if necessary; government furnishings are inventoried and each Soldier signs a hand receipt acknowledging the inventory and condition of their government furnishings. Each Soldier is responsible and liable for the items listed on his or her hand receipt.

When a Soldier vacates barracks because of a Permanent Change of Station or Expiration Term of Service, repairs are made to the room, walls are painted and furniture is exchanged as necessary. The room is then ready for assignment to another Soldier.

([FSBP](#) continued on page 11)

## Loss of dental clinic staff affects family members, retirees, not mission

By Ashley Bateman, USAG Bamberg Public Affairs

Warner Barracks' family members and retirees may have noticed a recent change in appointment availability at the dental clinic.

Due to a shortage of more than a quarter of its staff, the dental clinic currently has no Space Available appointments. Since family members and retirees are meant to receive appointments on a Space-A basis, this will directly affect where they receive care, but not the accessibility of treatment.

Dr. (Lt. Col.) James P. Wood, Bamberg Dental Clinic commander, explained the reason for the recent loss of providers and the changes community members can expect.

"There have been no job cuts," Wood said. "A lot of our employees are wives or husbands of active duty Sol-

([PROVIDERS](#) continued on page 12)

## Bamberg Tax Assistance Office Opens



Ashley Bateman

Staff members at Bamberg's Tax Assistance Center are recognized for their diligence in a ceremony on Jan. 29. Garrison commander Lt. Col. Gary A. Rosenberg and Command Sgt. Maj. Bruce A. Lee present employees with coins, thanking them for their preparedness and continued hard work. The center opened Feb. 1 and will accept appointments and walk-ins, Monday-Friday from 9 a.m.-4 p.m., until June 15. Saturday appointments will be available in the month of February from 9-11 a.m. The center is closed for lunch.



## Fasching Party starts at 3 p.m. on Feb. 5 at the Bowling Center





Sgt. Robert Larson, 54th Engineer Battalion Public Affairs

Spc. Philip Franze, an intelligence analyst with the 54th Engineer Battalion, answers students' questions during band rehearsal at Bamberg High School. Franze assists the high school's music program director, Mary Lee McGuire, teach music classes as a volunteer.

## Engineer Soldier teaches music at Bamberg High School

By Sgt. Robert Larson, 54th Engineer Battalion Public Affairs

As if a normal Soldier's day isn't hard enough, one 54th Engineer Battalion Soldier is volunteering his free time twice a week to make the Bamberg military community a little better for everyone.

Army Intelligence Analyst Spc. Phillip Franze not only accomplishes his day-to-day missions working for Headquarters and Headquarters Company, 54th Eng. Bn., 18th Engineer Brigade, he also volunteers to help teach music classes Tuesdays and Thursdays at the local high school.

Franze spends his lunch hour and other available times assisting Mary Lee McGuire, Bamberg High School's music program director,

teach her students about the basics of reading sheet music and playing their instruments.

"He has been a great addition to my classroom," McGuire said. "He makes it easier for me to manage my curriculum and is very beneficial to my students' learning as well. Philip always has ways to help them to improve themselves and their abilities."

Within his regular volunteer time, Franze teaches during two of McGuire's music classes – concert band for the older students and beginner's band for the younger ones.

(MUSIC continued on page 3)

# Town Hall is Feb. 10 at 4:30 p.m. at the Freedom Fitness Facility



**Lt. Col. Gary A. Rosenberg**  
U.S. Army Garrison  
Bamberg, Commander

USAG Bamberg, Public Affairs Officer  
**Renate Bohlen**

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**Douglas DeMaio, Ashley Bateman (editor)**

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## Paratroopers help seize illegal weapons in Logar

By U.S. Army Maj. Thomas Gilleran,  
Task Force Bayonet Public Affairs

LOGAR PROVINCE, Afghanistan -- Afghan National Directorate of Security (NDS), Czech and U.S. Coalition Forces from Task Force Bayonet conducted an operation Jan. 26, in Pol-e Alam District, Logar Province, which resulted in the seizure of several caches, containing illegal weapons and ammunition including Rocket Propelled Grenades, rockets, grenades, Improvised Explosive Device-making materials and small-arms ammunition.

The combined force responded to a tip, moved into the area, met with local leaders and explained the purpose of the operation.

They unearthed bags containing the contraband weapons and ammunition.

The force recovered the arms and ammunition for the safety of the local population. The illegal caches were then brought to a safe location and destroyed.

"Every illegal weapon cache we remove brings increased security to the people of these villages and districts" said Army Capt. Daniel Williams, who led the U.S. element on the operation. "The mission would not have been successful without the NDS. They were instrumental in talking with the local elders and locating the caches."

## USAREUR updates installation access policy, procedures

By Robert Szostek, U.S. Army Europe  
Office of the Provost Marshal

MANNHEIM, Germany -- Officials at the U.S. Army Europe Office of the Provost Marshal announced changes to controls for installation pass holders and modified procedures that are the result of an update to the USAREUR installation access directive.

OPM officials stressed that the procedures for authorized ID card holders have not changed in the update to Army in Europe Regulation 190-16, which governs access to USAREUR installations.

"The regulation now requires individuals who are signed in to be escorted at all times while on the installation and then signed out when they leave," said DuWayne Bredvik, physical security officer at the USAREUR Office of the Provost Marshal.

People with sign-in privileges are now personally responsible for the people they sign on to an installation.

"For example, it is not uncommon for people with no access to our installations to wait outside a gate and ask U.S. personnel to sign them on, saying they want to go to an on-post club," Bredvik said.

There have been situations where a person who was signed on was left at a club and then caused an altercation to which military and local police had to respond.

In addition, Bredvik added, Force Protection Condition Bravo is now the standard threat level that applies to most installation pass categories such as contractors. In the future, sponsors of installation pass holders will have to justify why their applicants require access during times of crisis or attack -- FPCONs Charlie or Delta. Access to installations during those FPCON categories is limited to essential personnel as designated by their job descriptions.

The revision also means that host-nation military and government officials, NATO military members, and visitors will have to renew their installation passes every two years instead of the current requirement to renew every five years, OPM officials said.

"During an audit, we discovered many installation pass holders in these categories forgot to turn in their installation pass as required when they leave," Bredvik said. He explained that a records review

([POLICY](#) continued on page 11)

## Fire in the hole



Photo by 1st Lt. Michael A. Frazier  
Sgt. Kevin Buckrucker, a team leader from the 370th Engineer Company, 54th Engineer Battalion, prepares the initiator for an explosive charge while other members of his team pull security during military operations on urbanized terrain training Jan. 21 at the Pöfeldorf Training Area in Bamberg. During the training event the Soldiers train on urban tactics and breaching demolition charges.

([MUSIC](#) continued from page 2)

"I love teaching at the school," Franze said. "It lets me get my mind off of work and it feels great to help out around the school. (Ms. McGuire) is a great teacher who needed the help, so I volunteered."

Franze said teaching at the school keeps him busy, and he enjoys using his musical talents and knowledge to help improve the music program. The students enjoy having "Mr. Franze" around as he helps involve them in rehearsals. Even during her absence, McGuire said she is confident in his instructional abilities.

"I don't have to worry about leaving for any reason," she said. "Phillip makes sure the students continue practicing. I don't have to worry about a substitute teacher who doesn't know the students or what we were covering in class the days before. Philip is there to continue teaching the students what we were working on and helping them practice their pieces for the major concerts that we have scheduled."

Recently, McGuire had to spend some time away from the school due to personal reasons. Franze did his best to ensure the students were prepared for their winter concert that had been delayed due to McGuire's leave.

Even though he works long hours at his job with the 54th Eng. Bn., Franze gives as much time as he can to help the school out, and he encourages other Soldiers to do the same.

"Volunteering is a great help to the community," Franze said. "More people need to do it. There are plenty of places here that can use extra help."

# Diet and exercise affect heart health

## February is American Heart Month

By Capt. Edward Walsh, Katterbach Health Clinic chief nurse

Heart disease continues to be the leading cause of death in the United States. The most common cause of heart disease is coronary artery disease, which most commonly presents itself as a heart attack. More than one million Americans were affected by this form of heart disease in 2009.

The good news is that there are steps you can take to help prevent yourself from becoming a victim of heart disease.

The most common risk factors for heart disease are: high cholesterol, high blood pressure, obesity, diabetes, tobacco use, age, family history of heart disease and race.

You cannot change your age, family or race, but there are many things you can do to affect the other factors.

A healthy diet and lifestyle, to include increased activity, are the first steps in taking charge of your health. Many people make this harder than necessary.

Remember, it is your overall diet and activity level that counts. As far as diet, there are some simple steps you can take:

- Choose lean meats and poultry without skin. Cook them in products without extra saturated or Trans fats.
- Use fat-free or low-fat dairy products like skim or one percent milk.

- Reduce your intake of Trans fats. If you're wondering what has Trans fat in it, read the package's dietary information. It will mention if a product contains Trans fats.
- Reduce your daily cholesterol intake.
- Decrease the amount of beverages you drink that contain added sugars.
- Lower your salt intake. The current recommendation is less than 2,300 mg per day.
- Control portion sizes and slow down while you eat. If you eat fast, it takes longer for your body to realize it is full. Eating slower will help prevent overeating.

- If you drink alcohol, drink in moderation. You may have read studies that say alcohol is good for the heart, but that is true only in moderation. No more than one drink per night for women and no more than two drinks for men. Lowering your alcohol intake can also lower your blood pressure.
- Increasing your physical activity is the easiest and one of the most important things you can do to improve your heart health. It could be something as simple as going outside with the kids and playing. But

please remember, if you haven't exercised recently or if you want to start a new program, it is advised you visit with your physician and check your health status before starting.



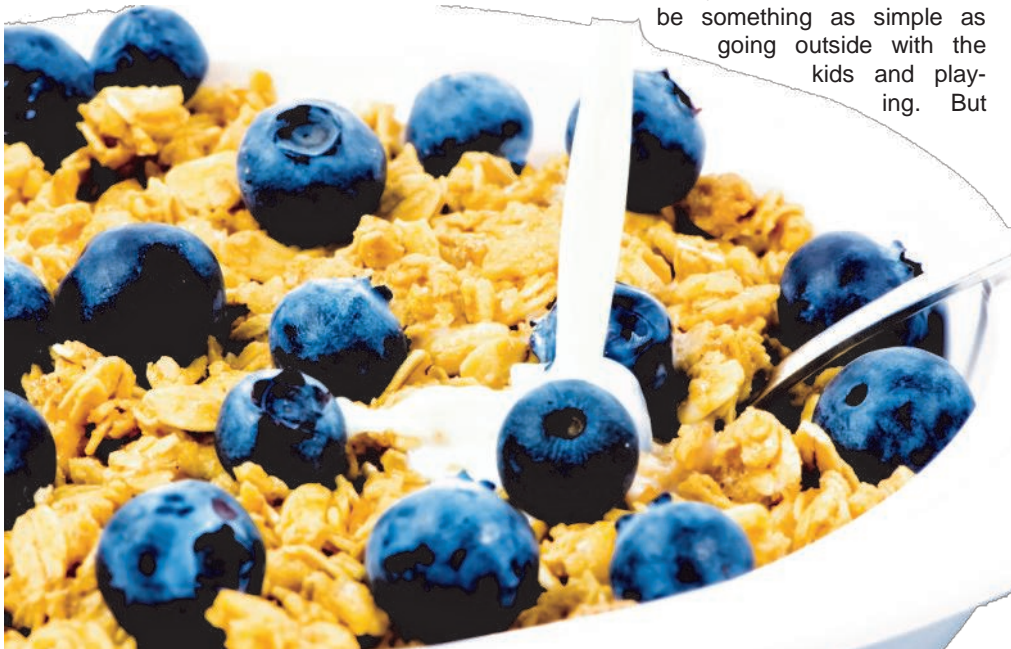
Last but not least, you should become familiar with the signs and symptoms of a heart attack. Some heart attacks are sudden and intense, but others can start as a very mild pain or discomfort. Here are some of the signs of a heart attack: chest discomfort such as pain, pressure, squeezing, crushing feeling or fullness; discomfort in other areas of the upper body such as your back, arms, neck, jaw or stomach; shortness of breath; cold sweat; nausea; or lightheadedness.

If you experience any of these symptoms, you should contact your physician or call your local emergency services.

For more information about heart disease and how to prevent it, contact your local clinic to get an appointment with your physician.

Information for this article was taken from the Centers for Disease Control and Prevention.

Visit their Web site at [www.cdc.gov](http://www.cdc.gov).





**Children's Dental Health Month**  
Join the Bamberg Dental Clinic with fun activities for the entire month of February.



**REMEMBER TO BRUSH & FLOSS EVERY DAY!**

A.D.A. American Dental Association

The tooth fairy will visit the Library Feb. 3 and 17 from 3:30 - 4:30 p.m. to read children dental related books.

**Coloring Contest:** Prizes will be given for each age group: 3-5, 6-8, and 9-11. Pick up coloring sheets at the front desk of the Dental Clinic, Child Development Center and School Age Services beginning Feb. 1. Coloring sheets will also be given out during the dental screenings at the Elementary School from Feb. 22 - 26. Deadline to submit coloring sheets will be Feb. 26. Coloring sheets can be submitted in the boxes provided at the Dental Clinic, CDC, SAS, and elementary school.

## Community Announcements

Please send all announcements to Bamberg Public Affairs via the following Web site:

<http://www.bamberg.army.mil/mobi/form.asp>.

### Bazaar with Heart

The annual "Bazaar with Heart" sponsored by the Bamberg Spouses and Civilian Club and Morale, Welfare and Recreation is scheduled for April 23-25 at the Freedom Fitness Facility. For more information, email [bazaar@bsccgermany.com](mailto:bazaar@bsccgermany.com).

### New Tax Relief Services

The MWR Tax Relief Office now offers a new service for USAG Bamberg customers: With the implementation of the UTAP (Utility Avoidance Program) customers can then sign up locally and save 19 percent tax on their electricity, gas and water bills if these utilities are provided by Bamberg Stadtwerke. (Other energy and utility providers can also be used, but customers still have to register through the USAG Schweinfurt UTAP). Please contact the Bamberg tax relief office at 0951-300-1780 or Schweinfurt tax relief office at 09721-96-1780.

### VA Briefing

A representative from the Department of Veterans Affairs will be in Bamberg on Feb. 18 to provide a briefing concerning general VA benefits. Topics will include: Education, health care, life insurance, home loan guaranty, disability compensation, vocational rehabilitation and employment. Additionally, there will be an opportunity to get questions answered. The briefing will be in the Education Center from 8 a.m. - noon. All members of the community are welcome to attend. For more information, call 469-8925.

### Firearms notice

In accordance with Army in Europe Regulation (AER) 190-6, Registration and control of privately owned firearms and other weapons in Germany, dated 20 July 2006, it is prohibited for any Soldier, U.S. Department of the Army Civilian (DAC), or Family Members (FM) to own an unregistered Privately Owned Firearm (POF). All POF must immediately be registered with USAG Bamberg Field Registration Station (FRS) located in Bldg 7011 (MP station), Warner Barracks, Bamberg. For more information contact the customs office at DSN: 469-7460/9312, COM: 0951-300-7460/9312.

### Security Awareness Alert

The Department of State urges U.S. citizens to maintain good security practices at all times and to maintain a heightened situational awareness

## USAG Bamberg



**SKIESUnlimited**  
Schools of Knowledge, Inspiration, Exploration & Skills

**Fine Arts Classes**  
Instructor Dayon Song

### New Schedule of Classes

Session 1	Jan 11- Feb 03	\$42 for 7 classes
Session 2	Feb 22 -Mar 24	\$60 for 10 classes

**For more information or to sign up, please call  
Central Enrollment & Registration  
at 469 - 7716 or 0951 300 7716**



and a low profile. Americans are advised to monitor news reports and consider the level of security present when visiting public places or choosing hotels, restaurants and entertainment or recreation venues.

### Super Bowl Party

Come to the Community Activities Center to see the Super Bowl on Feb. 7. The CAC will be open at 10 p.m. for the pre-game. Enjoy games and prizes, food and drinks available for purchase. Kickoff will be at 12:25 a.m. For more information, call 0951-300-8659.

### Blood Drive

The next Bavarian and American Red Cross blood drive will be Feb. 8 from 10 a.m. - 4 p.m. at 54th Engineer Battalion in Building 7046. All active duty Soldiers, dependents and civilians are invited to donate blood. For more information, call 469-1760.

### Red Cross Classes

The American Red Cross Bamberg will offer CPR/First Aid/AED, Babysitting and CPR instructor classes. Come to ACS Building 7029 room

113 for class times, locations and registration. For more information or to register, call 469-1760.

- CPR/First Aid/AED on Feb 6 is \$40
- CPR/First Aid/AED on Feb 18 is \$40
- CPR and AED on March 13 (donations accepted)
- Babysitting class on Tuesday-Thursday on April 13 and 15 is \$35 - min age 11 years old
- CPR/First Aid/AED on April 22 is \$40
- CPR/First Aid/AED on May 8 is \$40
- CPR Instructor Class on Tuesday-Thursday on May 11 and 13 is \$100.

### Chili Cook Off

Sign up to display your cooking skills in our Annual Chili Cook Off. Prizes will be awarded to winners in various categories. Sign up by Feb. 19. For more information call the Community Activities Center at 0951-300-8659.

### 25 Year Reunion

Members of D Company have been planning a reunion for the all veterans of 1st Battalion (Mechanized), 52nd Infantry, who served from about 1980 until it became part of the 6th Infantry. There will be a reunion on June 16-20 at the

## Bamberg School Age Services Spring Fling Adventures Spring Break April 12-16



### Hours of Operation

- Monday - Friday 5:45 a.m. to 5:45 p.m.
- Weekly Rate based on DOD Fee Category for children not currently enrolled in Before / After School Care.
- Hourly Care offered on a limited basis.
- 20 percent AFC Deployment Discount for eligible children
- Activities includes Sports and Fitness Activities, Nature Activities, Biking, Skating, Crafts, Science Projects, Spring Activities, technology projects and Field Trip and Month of Military Child and Youth Activities.



**For more information or to reserve a space,  
please call 469-8698.**



Tuscany Suites and Casino in beautiful Las Vegas. For more information, email Bill Burt at LMJWRB@msn.com or visit <http://deltacompany-52nd-inf.ning.com> or <http://www.facebook.com/home.php?ref=home#/group.php?gid=160711462863>.

#### Impact Health Care in Your Community: Volunteer

The U.S. Army Health Clinic Bamberg will implement Patient and Family Centered Care in the coming months. The program is an approach to the planning, delivery, and evaluation of health care promoting partnerships among providers, patients and families. This organization-wide model will assist the health clinic in process improvement and a variety of patient focused projects allowing us to continue providing you high quality healthcare. The success of this program is dependent on volunteers within the community who assist the health clinic leadership with planning, coordination, and implementation of patient and family centered processes. The volunteers will serve on an executive council scheduled to meet on a monthly or bi-monthly basis (likely 2-3 hours per month). If you are interested in a great volunteer opportunity with direct impact on the healthcare in Bamberg, please contact Maj. Vince Myers at 0162-297-6576 or at [vincent.myers@amedd.army.mil](mailto:vincent.myers@amedd.army.mil) for more information. Thank you.

### Weekly Reminders

#### ACS Hours of Operation

Army Community Service is open Monday through Friday from 7:30 a.m. - 4:30 p.m. The office is closed on federal holidays but open on training holidays.

#### Clinic Hours

The Bamberg Health Clinic hours of operation are as follows: Monday through Thursday sick call is from 7 - 8 a.m.; full service is available from 7:30 a.m. - 4:30 p.m. On Fridays, sick call is from 7 - 8 a.m. and full service from 7:30 a.m. - 12 p.m. We are closed on Friday afternoons for mandatory training. The Health Clinic is also closed on federal holidays and weekends. For more information or if you need to make an appointment, call 469-1750 or 0951-300-1750. If you have a medical emergency, call the Bamberg Military Police at 0951-300-114. You may also call the TRICARE Nurse Advice Line at toll-free number 00800-4759-2330, 24 hours a day, seven days a week to talk to a nurse about your health care concerns, get self-care advice to help you feel better now, schedule

appointments with your military provider, and arrange a phone call with your provider.

#### Army Family Action Plan

Do you have an issue you think would better the quality of life for our Soldiers, Families or Retirees? Put your voice to work! Make your voice count today by filling out an Issue Form. Visit <http://www.bamberg.army.mil/sites/mwr/ACSAP.asp>.

#### Chapel Meeting

The Bamberg Protestant Women of the Chapel has weekly meetings on Wednesdays from 9-11:30 a.m. at the Bamberg Chapel. Free Child-care is provided. For more information, call 469-1570.

#### Community Activity Center Hours

Bamberg's Community Activity Center operational hours are:

- Monday - Thursday 8 a.m. - 8 p.m.
- Friday - 8 a.m. - 6 p.m.
- Saturdays - 11 a.m. - 6 p.m.
- Sundays - 11 a.m. - 6 p.m.
- Free WiFi is available around the CAC (Building 7047).

#### Customs Office

The Bamberg Customs Office is located in Rooms 124 and 125 in Building 7011 across the street from the movie theater. Customer service hours are from 8 a.m. to noon and 12:30 - 3:30 p.m. Monday to Friday. We are closed on German and American holidays. For more information, call 469-7460 or 0951-300 9312. The fax number is 469-8665. Office personnel can assist with importing items, selling items to non-ID cardholders, help visiting family members get permission to drive USAREUR-plated car or get permission to have an ESSO card for rental vehicles by filling out a 175L form. Personnel can also help retirees and widows get permission to go shopping on post if they visit for more than 30 days or live in Germany.

#### Family Readiness

Classes for Family Readiness Group volunteer positions are every first and third Tuesday of the month from 10:30 - 11:30 a.m. in Building 7354. Learn the duties of an FRG.

#### Family Strengths and Stresses

Army Community Service, Family Advocacy Program is here to provide help and support by offering a New Parent Support Program, Newborn Network, Play Group, Parenting Classes, Communication Classes, Victim Advocacy, and Stress and Anger Management Classes. For more information, call 469-7777 or 0951-300-7777.

- **Family Advocacy** - Need assistance in learning how to manage a life full of stress or ambivalence? Come every Thursday to Building 7487 from 1:30 - 3 p.m. for Anger/Stress Management Class.
- **New Parent** - Being a new parent can be a challenge. Join the new parent support group every Friday from 10-11:30 a.m. in Building 7487.

#### Pre-Separation Briefing

Planning to move from Soldier to civilian? Take advantage of the transition services offered by the Army Career and Alumni Program, such as a Department of Labor two-and-a-half day job assistance workshop, help with resume preparation, and information about your veterans benefits. Make an appointment to attend the mandatory ACAP Pre-Separation Briefing. The briefing is held weekly and takes about an hour. Separating Soldiers can start the ACAP process one year before separating. Soldiers who will be retiring



Dec 11	Bamberg at Vilseck
Dec 12	Bamberg vs Vilseck
Jan 8	Bamberg at Mannheim
Jan 9	Bamberg at Mannheim
Jan 15	Bamberg vs Hohenfels
Jan 16	Bamberg at Hohenfels
Jan 22	Bamberg vs Ansbach
Jan 23	Bamberg at Ansbach
Jan 29	Bamberg vs Heidelberg
Jan 30	Bamberg vs Heidelberg
Feb 12	Bamberg at BFA
Feb 13	Bamberg at BFA
Feb 19	Bamberg at Patch
Feb 20	Bamberg at Patch
Feb 24-27	European Championships (Mannheim)

can start two years out from their projected retirement date. Take the first step by calling ACAP at 469-8925 or 0951-300-8925.

#### Service Office

The U.S. Army Garrison Bamberg Retirement Services Officer / Casualty Manager has relocated to Building 7290, Room 208, right next to Burger King. For more information, call 0951-300-7514.

#### Veterinary Facility

Veterinary Office hours are Monday through Wednesday from 8 a.m. - 4 p.m., closed Thursday. Fridays 8 a.m. - noon. No walk-in appointments are available. The clinic is closed on the last weekday of each month for inventory. The clinic is also closed on all American and training holidays. Over-the-counter products and prescriptions may be purchased during regular business hours. For more information or to schedule an appointment, call 469-7972 or 0951-300-7972.

#### Weather Information

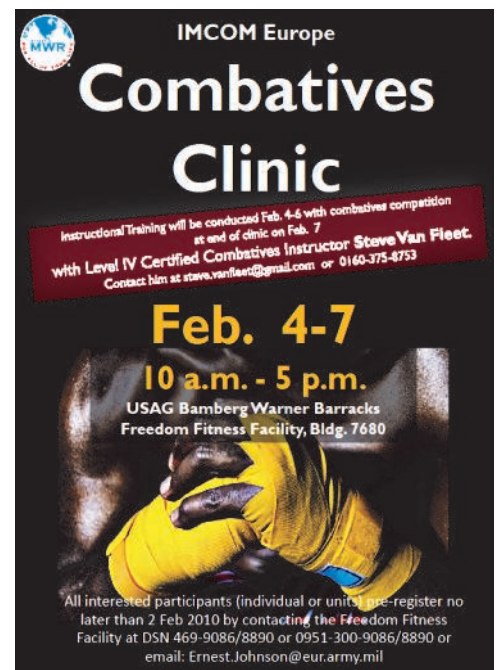
Get road and weather conditions and school closure information. For more information, call

## Black History Month

U.S. Army Garrison Bamberg is sponsoring an event to celebrate Black History Month 2010. We will bring together the amazing talent and volunteer spirit of our community and have an event showcasing the culture, music and cuisine of the African-American Community.

We will have Black History Month Committee. Meetings are at the Garrison Headquarters, Building 7089 in Room 412. The meetings will be at 12:30 p.m. on Feb. 5, 11, 19 and 24. Refreshments will be provided. For more information, call 469-8624.

# EMANCIPATION



**IMCOM Europe**

## Combatives Clinic

Instructional Training will be conducted Feb. 4-6 with combatives competition at end of clinic on Feb. 7

with Level IV Certified Combatives Instructor **Steve Van Fleet**.  
Contact him at [steve.vanfleet@gmail.com](mailto:steve.vanfleet@gmail.com) or 0160-375-8753

### Feb. 4-7

#### 10 a.m. - 5 p.m.

USAG Bamberg Warner Barracks  
Freedom Fitness Facility, Bldg. 7680

All interested participants (individual or units) pre-register no later than 2 Feb 2010 by contacting the Freedom Fitness Facility at DSN 469-9086/8890 or 0951-300-9086/8890 or email: [Ernest.Johnson@eur.army.mil](mailto:Ernest.Johnson@eur.army.mil)



469-8373 or 0951-300-8373 or click on the link posted at [www.bamberg.army.mil](http://www.bamberg.army.mil).

## Sports, Health and Fitness

### Spring Hunting Course

Obtain a German Hunting License while stationed in Germany. A 60-hour course is offered to American citizen ID card holders. Learn game and land management, game disease and harvest plans. Earn the right to hunt and own firearms. Classes are scheduled every Monday, Thursday and Saturday as well as Training Holidays. The first class begins at 6 p.m. on Feb. 1 at Whispering Pines Golf Course Conference Room. The cost is \$150 per person. Additional fees are charged for the shooting range and ammunition. For more information, call 0951-300-9376 or e-mail the instructor at [Bambergfishing@eur.army.mil](mailto:Bambergfishing@eur.army.mil).

### Bowling Lanes

The Birchview Lanes Bowling Center is located in Building 7690. Visit the Web site at [www.bamberg.army.mil/sites/mwr](http://www.bamberg.army.mil/sites/mwr) for latest updates and upcoming MWR events.

- **Freaky Friday** - Every Friday from 11 a.m. - 6 p.m. every hour a score will be posted, bowl that score and receive a free game. The cost per game is \$1 and shoe rental is \$1.75. For more information, call 469-7722.
- **Ladies Night** - Every Friday 6 p.m. to closing, ladies receive free shoe rental and may enter for the monthly drawing. The drawing is last Friday of the month. The cost per game is \$2.25 and shoe rental is \$1.75. For more information, call 469-7722.
- **Pick your Price** - Every Saturday from 11 a.m. - 6 p.m. after completing bowling, pull a ticket to determine what price you will pay for your game(s). For more information, call 469-7722.

### Physical Shape

There is a Spinning and Abs class Tuesdays between 8:30 - 9:30 a.m. There is also spinning class on Wednesday mornings from 5:30 - 6:30 a.m. For the Wednesday morning class, units can participate for physical training. Units can reserve up to 24 bikes. There is a cardio-weights class on Thursdays from 8:30 - 9:30 a.m. The cost is \$4 per class. Instructors will lead you through the workout of your life. Sign up at the Freedom Fitness Facility today.

### Personal Trainer Available

Want to get in shape with one-on-one personal service? The Freedom Fitness Facility is offering

personal training with a Certified Instructor to get you in shape like you always wanted. Fees are \$35 per session or save \$35 by taking five sessions for only \$150.

### Class Registration

Do you want to get in shape this new year? The Women, Infants, and Children office is starting a walking program geared towards mothers with children and those who are pregnant. The program is every Wednesday, at 10 a.m. in the Freedom Fitness Facility. Children are welcome (hourly care is also available through Child Youth Services) and strollers (free of ice and salt) are welcome. Open to all ID card holders, so come out, bring your friends and get in shape this New Year. For more information, call 0951-300-7913.

## Continuing Education

### Travel, Study

Tour some of the most exciting locations in Europe while studying literature and art with University of Maryland University College (UMUC). Two UMUC field study courses will be offered March 13-20: Expatriate Writers in Rome and Northern Renaissance Art in Brussels and Paris. The registration deadline for these courses is Feb. 19. For more information, visit [www.ed.umuc.edu/fieldstudy](http://www.ed.umuc.edu/fieldstudy) or contact a UMUC field representative.

### Text Books

In Spring Session 1, University of Maryland University College Europe students can apply for a textbook award, including the \$100 Orkand Military Book Award for enlisted service members and the \$100 Europe Book Award for spouses and family members of service members of all ranks. Visit [www.ed.umuc.edu/financial\\_aid](http://www.ed.umuc.edu/financial_aid) for more information. For more information on registration, scholarships, and services, call the UMUC Europe field representative at 314-370-6762 or +49-(0)6221-3780 or visit [www.ed.umuc.edu](http://www.ed.umuc.edu) or [www.twitter.com/UMUCEurope](http://www.twitter.com/UMUCEurope).

### Education Changes

All active duty, active Reserve, active National Guard and non-active Reserve Soldiers (Reservists) who enroll in degree programs should request up-front tuition assistance and receive their grades through the GoArmyEd portal at both Letter of Instruction and Non-LOI schools after Jan. 1. U.S. Army Reserve TA point of contact in Wiesbaden, Nelson Villegas, can also assist Reservists and National Guardsmen in getting into GoArmyEd. For more information, call 337-7435 or 0611-705-7435.

### German 101

Free Introduction to German is every Monday at noon at the community library. Participants will learn some German words and phrases. For more information, call 469-1740 or 0951-300-1740.

### University of Phoenix

The University of Phoenix is open Monday, Tuesday, Thursday and Friday from 10:30 a.m. - 2:30 p.m. It is located at the Warner Barracks Army Education Center, Building 7047, Room 309. Leah Gransbery, University of Phoenix field representative, can help you start your master's program. Online and on-site courses are available and degrees can be achieved in 15 - 24 months. For more information, call 469-9280 or 0951-208-5350.

### University of Oklahoma Classes

The University of Oklahoma offers masters degrees in Human Relations and International Relations. On-site classes are held in Ans-

## Hans Binn Art Exhibit Western: Scenes from Western Europe



Community Activity Center

bach/Vilseck/Hohenfels in a six-day intensive format. Please check our interest survey at <http://www.gouu.ou.edu/europe/vilseck.html>. For more information, call 467-3325 or 09802-83-3325 or email [apansbach@ou.edu](mailto:apansbach@ou.edu).

## Closures / Changes

### Vehicle Registration

The vehicle registration office will be closed all day on Feb. 15 and will close after 12:30 p.m. on Feb. 17. For more information, call 469-7580.

### Legal, Tax Office

The Legal Assistance office and Tax Center will be closed on March 4 for training.

### Legal Closed

The Legal Center will be closed on April 1.

### Vehicle Registration

The Vehicle Registration Office will be closed on Feb. 15. For more information, call 469-7580.

### Dining Facility

Dagger's Inn has adjusted service hours for Thursdays. To better serve Soldiers during Sergeants Time Training, every Thursday the hours for breakfast will be 6 - 8 a.m. For more information, call 469-8448.

### Airport Shuttle

The Bamberg departure and arrival point for the Frankfurt Shuttle Bus has changed. The shuttle leaves from Bamberg Credit Union Monday through Thursday at 6:35 a.m. and arrives at the airport at 9:45 a.m. The first return shuttle will depart from the airport at 11 a.m. and arrive in Bamberg at 3:15 p.m. The second shuttle departs the airport at 2:50 p.m. and arrives in Bamberg at 6:30 p.m. The shuttle is not available on American and training holidays.

### Auto Skills Extends Hours

The MWR Auto Skills Shop and Car Wash, Building 7038, is open seven days a week. (Strip Yard Hours of operation remain the same) Call the Auto Skills Shop at 0951-300 7546.

The hours of operation are:

- Mondays and Tuesdays 10 a.m. - 6 p.m.
- Wednesdays and Thursdays 10 a.m. - 8 p.m.
- Fridays 10 a.m. - 7 p.m.
- Saturdays and Sundays 10 a.m. - 6 p.m.
- Closed on Federal Holidays

## Entertainment and Leisure

### Outreach KONTAKT Club Events

The Outreach KONTAKT Club is an Army in Europe program designed to promote German and American friendship and is always looking for new members. We have regular meetings, local get-togethers and go on fun trips every month. The club is planning a trip to Munich in


# Food Handlers Classes

*Schweinfurt & Bamberg Area*

Jan. 21, Feb. 18, March 18  
1:30 - 2:30 p.m.  
Building 230  
Yellow Ribbon Room  
Ledward Barracks

Food handlers certification is a requirement if you are serving any prepared foods to the public. Classes are being held in Schweinfurt on the above dates. Space is limited to 30 people per class, so make your reservation by providing your name and location to:

[tommay.lockridge@amedd.army.mil](mailto:tommay.lockridge@amedd.army.mil)  
or  
[andre.moxley@amedd.army.mil](mailto:andre.moxley@amedd.army.mil)  
For more information, call 476-2041/2138.




**BSCC Themed Basket  
Bingo**

**Feb. 19**

**Warner Conference Center**  
**Doors open at 6 p.m.**  
**Games start at 6:30 p.m.**  
**Prizes are themed baskets**

**Cards are**  
**\$8 for 3 cards**  
**\$15 for 6 cards**

Check out our website at  
[BSCCgermany.com](http://BSCCgermany.com)





# Outside the Gate

## Weekend Events in and around Bamberg Feb. 5 - 7

### Friday, Feb. 5

- 8 p.m. "Dominik Doellinger" live west coast sound at Blues Bar, Obere Sandstrasse 18, Bamberg
- 8 p.m. "Thriller" musical performance at JAKO Arena, Forchheimerstrasse 15, Bamberg (tickets available at [www.kartenkiosk-bamberg.de](http://www.kartenkiosk-bamberg.de))
- 9 p.m. "Trondheim" live Jazz music at Jazzclub Bamberg, Obere Sandstrasse 18, Bamberg
- 9 p.m. "Slop" at Club Kaulberg, Unterer Kaulberg 36, Bamberg
- 10 p.m. "Electro Deluxe Lounge" electronic dance music at Morph Club, Luitpoldstrasse. 17, Bamberg

### Saturday, Feb. 6

- 7 p.m. "The passion of Matthew" performed by the University Choir and Orchestra at the Konzert- und Kongresshalle - Joseph-Keilberth-Saal, Müssstrasse 1, 96047 Bamberg; tickets at [www.kartenkiosk-bamberg.de](http://www.kartenkiosk-bamberg.de) or at the box office
- 7:30p.m. Brose Baskets - Mitteldeutscher BC basketball tournament at JAKO Arena, Forchheimer Strasse 15, 96050 Bamberg (tickets available at [www.kartenkiosk-bamberg.de](http://www.kartenkiosk-bamberg.de))
- 8 p.m. "Blues Lick" at Blues Bar, Obere Sandstrasse 18, Bamberg
- 8 p.m. Memmelsdorf Fasching Ball with live music and entertainment at Seehofhalle Memmelsdorf, Pödelorferstrasse 20a, Memmelsdorf
- 9 p.m. "Patch Work" at Jazzclub Bamberg, Obere Sandstrasse 18, Bamberg
- 10 p.m. "Schwarzweissmusik" Minimal Techno, Tech House at Morph Club, Luitpoldstrasse 17, Bamberg
- 10 p.m. "over 30 club" at Live-Club, Obere Sandstrasse 7, Bamberg

### Sunday, Feb. 7

- 10 a.m. International Minerals Exhibition at the Konzert- und Kongresshalle - Joseph-Keilberth-Saal, Müssstrasse 1, Bamberg; tickets at [www.kartenkiosk-bamberg.de](http://www.kartenkiosk-bamberg.de) or at the box office
- 5 p.m. Chamber music performed by the Bamberg Symphonic Orchestra at Spiegelsaal der Harmonie, Schillerplatz 7, Bamberg (tickets available at [www.bvd-kicket.de](http://www.bvd-kicket.de) or at the box office)

- 8 p.m. "Eckhard Naujoks" live music at Blues Bar, Obere Sandstrasse 18, Bamberg
- 9 p.m. Arnd Rühlmann at Club Kaulberg, Unterer Kaulberg 36, Bamberg

### Friday, Feb. 12

- 3 p.m. Ethiopian Afternoon, try Ethiopian food and find out more about the country at Mehrgenerationenhaus Muetterzentrum Kaenguruh, Nuernberger Strasse 108 k, 96050 Bamberg
- 8 p.m. "Juergen Wagner" live music at Blues Bar, Obere Sandstrasse 18, Bamberg
- 9 p.m. Mexican Fasching at Brauerei Wagner, Bambergerstrasse 2, 96173 Oberhaid; for tickets contact [pop3-mailbox@jbo-eintracht.de](mailto:pop3-mailbox@jbo-eintracht.de)
- 10 p.m. "Bashment with Kali Yuga Soundsystem" reggae at Morph Club, Luitpoldstrasse 17, 96052 Bamberg

### Saturday, Feb. 13

- 1 p.m. Fasching Parade in Rattelsdorf, Kirchplatz, 96179 Rattelsdorf
- 1:33 p.m. Fasching Parade in Oberhaid, Friedrich-Ebert-Strasse to Untere strasse 96173 Oberhaid
- 8 p.m. Fasching Ball with live music in Gundelsheim at Schulturnhalle, Schulstrasse 2, 96163 Gundelsheim
- 8 p.m. "Livin' 4" at Blues Bar, Obere Sandstrasse 18, Bamberg
- 9 p.m. "Fab five" live Jazz music at Jazzclub Bamberg, Obere Sandstrasse 18, Bamberg
- 9 p.m. "Rubber Soul (Beatles-Cover with Pepp)" rock music at Club Kaulberg, Unterer Kaulberg 36, Bamberg
- 9 p.m. "Blockrocking Beats" at Morph Club, Luitpoldstrasse 17, 96052 Bamberg
- 10 p.m. "SCHWOF" at Live-Club, Obere Sandstrasse 7, Bamberg

### Sunday, Feb. 14

- 11 a.m. Chamber music performed by the Bamberg Symphonic Orchestra at Konzert- und Kongresshalle - Hegelsaal, Müssstrasse 1, 96047 Bamberg, tickets are available at [www.bvd-kicket.de](http://www.bvd-kicket.de)
- 2 p.m. Fasching Parade in Stegaurach, Bambergerstrasse, 96135 Stegaurach
- 2 p.m. Fasching Parade in Hirschaid, Sassanfahrt, Sassanfahrter Hauptstrasse 96114 Hirschaid
- 2 p.m. Fasching Parade in Memmelsdorf at Marktplatz, 96117 Memmelsdorf

## Trips and Travel Opportunities

### Take a trip with Bamberg Outdoor Recreation in January

Registration for trips begins the 15th of the month before the scheduled trip and must be made no later than the Monday before the scheduled leave date or they may be cancelled. To sign up or for more information, go to Outdoor Recreation, Building 7116 or call 469-9376/7955 or 0951-300-9376. All trips depart and arrive from ODR unless otherwise noted. No refund will be given for no-shows. Military duty restraint or illness will be refunded with documentation. For more trips, visit <http://www.bamberg.army.mil/sites/mwr/odr.asp>.



**Feb. 6 Learn to Snowboard \$80**  
Want to master a new skill? Get out of the house and learn to snowboard with ODR's very own instructor! The fee includes transportation, lift pass, rental and about 2 1/2 hours of lessons. Departs ODR at 8 a.m. and returns about 5 p.m.

**Feb. 12-15 Sölden Ski and Snowboard \$285**  
Sölden is a hot spot in the Alps! Providing immaculate powder slopes with start-of-the-art ski lifts, It has the perfect terrain for all levels and preferences. The fee includes transportation, and three nights lodging (double occupancy) with breakfast and dinner. It does not include lift pass. Get reduced rentals or board tuning at ODR before you go. Snowboard lessons are available for \$25 for 1 1/2 hours. Departs ODR Feb. 12 at 4 a.m. and returns Feb. 15 at about 11p.m.

**Feb. 13 Köln Kölschfest \$45**  
Experience the Karneval season firsthand at the Köln Kölschfest. Drink beer, taste traditional delicacies, dance and sing to the live music while spending time with friends and mingling with the locals. Includes transportation and entrance. Departs Chapel Parking Lot at 5 a.m. and returns 11p.m.

**Feb. 20 Baden Baden Thermal Spa \$45**  
Do something for yourself! De-stress with ODR at Baden Baden's thermal spa. Soak your sore muscles in the saunas, relax in the thermal spring baths, and get pampered with a well-deserved massage. Trip includes trans-

portation and entrance. Be sure to bring your bathing suit, cover-up and sandals. Departs Chapel Parking Lot at 7 a.m. and returns about 9 p.m.

**Feb. 27-28 Ski and Snowboard in Garmisch \$175**  
Need a quick getaway? Hop on the ODR trip to Garmisch Valley. With near perfect weather and many slopes to choose from, Garmisch is a winter wonderland. Trip includes transportation and lodging (double occupancy) with dinner and breakfast. Does not include lift pass. Get reduced rentals or get your own gear tuned for half price at ODR before you go! Departs ODR Feb. 27 at 4 a.m. and returns Feb. 28 at about 11 p.m.

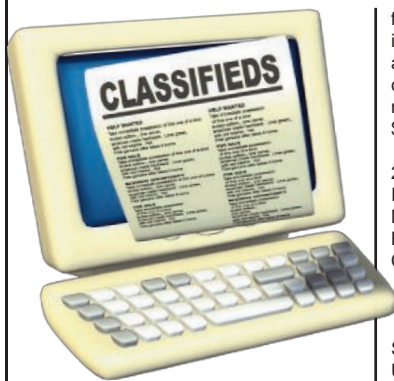
**March 4 Tour Under Bamberg \$20**  
This unique trip through the tunnels under Bamberg gives you a view of the city that shouldn't be missed. The tunnels are generally cool and damp, so please wear appropriate clothing and bring a flashlight. The trip departs ODR at 5 p.m. and returns at 7:30pm

**March 6 Learn to Snowboard \$80**  
Want to master the slopes and learn how to snowboard? If so, this trip is for you! Outdoor Recreation's skillful instructor, Josh, will show you the moves you need to descend the mountain. The price includes transportation, rental gear, lift pass and approximately 2.5 hours of instruction. The trip departs ODR at 8 a.m. and returns at 5 p.m.

**March 6-7 Ski & Snowboard \$175**  
The Zugspitze, Alpspitze, Kreuzeck & Hausberg in Garmisch offer you the opportunity to partake in the classic skiing & snowboarding areas of Garmisch. This winter wonderland is noted for its almost perfect climate! Trip includes transportation and one night of lodging (double occupancy) with breakfast & dinner. DOES NOT INCLUDE LIFT PASS. Get reduced rentals & tuning at ODR before you go. The trip departs ODR on March 6 at 6 a.m. and returns March 7 at 6 p.m.

**March 13 Little Swiss Hike \$25**  
Delve into the beauty of Little Swiss on a 20 km hike through the breathtaking landscape. Please wear layered clothing, hiking shoes, & a comfortable backpack with drinks, lunch & snacks. The trip departs ODR at 9 a.m. and returns at 5 p.m.





Please call us and tell us when you sell your item so we can remove the advertisement.

Thank you.

## EMPLOYMENT

The American Red Cross is hiring a full time Field Office Assistant to work in our Bamberg office located at Army Community Service in Building 7029. For qualifications and job description, please access our web site at [www.redcross.org](http://www.redcross.org) or <https://www.americanredcross.apply2jobs.com/index.cfm>. For more information, call Marilyn Smith at 469-1760. (1/27/10)

Automotive Technology instructors needed. Central Texas College-Europe is accepting applications for Automotive instructors who have an Associate's degree or higher and a minimum of 5 years work experience in the maintenance field or a Bachelor's degree and a minimum of 3 years work experience in the maintenance field. For more information, call Brenda McNeil at 469-7467.

## AUTOMOBILES

Toyota Tacoma, 2003. Less than 10,000 miles a year (just under 65,000 total miles). Never missed an oil change. Should probably have new winter/all weather tires. There is a small crack in the windshield (doesn't obstruct view and will not spread). Runs great and is perfect for transporting bikes and groceries. No body damage (rust, dents, etc) and never been in an accident. Please contact 0151-557-24725 for more information and/or to see the truck. Asking \$6000. (02/04/10)

2009 Ford Edge SEL, Black Ext. / Tan Int., New All Weather Tires, 6 Disc CD/MP3 Changer, Microsoft Sync Package, Bluetooth, USB/AUX, Back Up Sensor, Child Seat Anchors, Power Seats, Push Button Folding Rear Seats, Power Doors/Windows, Cruise Control, Alarm System, Seats 5 with a Very Roomy Storage Area. Only 9,800 Miles Still Under Warranty, Great Family Car! Asking \$26k O.B.O. Please contact Justin at 09512094865 or 015125248700. (01/07/10)

2010 VOLVO XC60 T6 AWD, Ice White/Sandstone Beige & Espresso Leather, Climate Pkg, Tech Pkg, Dual Xenon Headlights w/ ABL, PCC w/ Keyless Drive & Heartbeat Sensor, Integrated Child Booster Seats, Panoramic Sunroof, Modern Wood Inlays, Exterior Styling Kit, 19" Achilles Wheels + 18" Factory Set, Rubber Floor/Cargo Mats, Power-Lift Tailgate, many more options. O/A 2,000 miles. Full VOLVO Warranty, 5yr./50,000 Complimentary Service, FREE Shipping to US for 5-years. MSRP over \$48,000, Paid Military Sales \$43,000, MAKE OFFER. 0151-111-85-888. (12/03/09)

2007.5 Dodge RAM 2500 6.7L Cummins Diesel 4x2 MEGA CAB, Grey/Grey Cloth, 6-speed Manual, Tow Package, AC, PWR Doors, Mirrors, o/a 6,000 miles (YES 6 not 60,000!!). Purchase price was over \$36,000, KBB's lowest is \$28,700, MAKE OFFER! 0151-111-85-888. (12/03/09)

## FOR SALE

MULTI-FAMILY BASEMENT SALE! Saturday, Feb. 6 from 8am-?. 2 Foehrenstrasse Building 7628 (First yellow building across from the Warner Club). It will be in the basement laundry room. A lot of gently used children's clothing, Household items, bikes, etc. will be sold. Clothing sizes start from Newborn through 4T. (02/04/10)

For Sale: An HP all in one printer. This printer is two years old. It can be used as a fax, scanner, copier and printer. The model number is L7580. Asking price \$100. Call 0151-241-70961.

For Sale: PT Cruiser car top carrier. It is used but still in good condition. Asking price is \$75. Call 0151-241-70961.

PCS Sale: AFN Satellite and decoder box PLUS European decoder box: \$175, OBO Electric drill and bits, 220 v: \$35. Call Diana @ 0160093222456 or 469-1710. Leave message if no answer! (01/07/10)

PCS SALE: SKY SAT BOX and decoder \$200. Baby Stroller/car seat set like new only used once \$140 decide to buy German set. 220v Air conditioners only used one summer \$150 ea (like new) Pioneer receiver \$150 OBO German Style Bathroom Cabinets set \$175 OBO will also sell separately will email pictures upon request [tmstewart99@msn.com](mailto:tmstewart99@msn.com) tel. 0160-261-3756. (01/07/10)

PCS sale: Large couch (92" x 36" x 37") hunter green, burgandy, and tan for sale—\$75. Email for pictures: [alaskanewmans@msn.com](mailto:alaskanewmans@msn.com) or call Wendy at 0951-301-8671.

FOR SALE: Over sixteen travel, history, and phrase books for Germany, Andalusia and Italy. Dictionaries, Day Trips in Germany, Fromer's, and other great references. Includes a complete set of 15 bicycling/touring maps for southern Germany - only one map has been used. Wonderful gift for someone new to Germany! Asking \$45 for everything. Please call 209-5944 or email [angelbeck@hotmail.com](mailto:angelbeck@hotmail.com)

For Sale: MAXI COSI FORAY-STROLLER, asking price \$190.00 The Stroller is in excellent condition. We bought it in Feb. 2009 for \$349.99 at BabiesRus, basically new. Please call or send a text message to 0160-257-6362. (12/03/09)

For Sale: our Schwinn® Free Wheeler™ ST Jogging Stroller asking price \$110. Multi-Position Reclining Ages: child up to 50 lbs. Blue/Gray Stroller is in great condition. We bought it about one year ago for \$219.00 from Target. Please call or send a text message to 01602576362. (12/03/09)

For Sale: Fisher-Price Butterfly Garden Papasan Cradle Swing for sale. Daughter used and loved for approximately first 6 months. Includes floating butterflies that spin overhead, has a seat and head support that cradles your baby in cushy comfort as she swings in a side-to-side or front-to-back swinging motion. A sweet little canopy surrounds your baby and sways along with the swing motion while 8 delightful songs entertain. When it's nap time, you can choose from 8 additional lullabies and sounds to calm and soothe your baby. With the flick of a switch, a magical butterfly light show projects onto the canopy! Perfect for floating off to dreamland with six soothing swing speeds, the swing can be plugged into any standard wall outlet with the included AC adaptor and requires 4 D and 1.5-volt batteries. Bought from Babies R US for \$159.99 and am asking \$80.00. Still in perfect condition and in original box. If interested please call Jennifer at 0951-209-1710 or email [jenniferwharton1@gmail.com](mailto:jenniferwharton1@gmail.com). (1/21/10)

FOR SALE: Skip Hop Funky Farmyard Activity Play Mat is a graphic activity mat that has soft arches and a matching quilted Tummy Time pillow. 12 easy-to-hang loops and 5 hanging toys offer irresistible multi-sensory play for baby at every stage of development. Plush textures and squeaky sounds on the mat surface add to the fun! Bought from Babies R US for \$59.99 and am asking \$25. Still in perfect condition and in original package. Great for a baby girl or boy! If interested please call Jennifer at 0951-209-1710 or email [jenniferwharton1@gmail.com](mailto:jenniferwharton1@gmail.com). (1/21/10)

For Sale: 220V Panasonic Phone w/ Digital Cordless Answering System (KX-TCD545)-\$70, 220V Panasonic cordless phone (KX-TG7200)-\$25, Screen door-\$25, 220V Fans: Small-\$8, Medium-\$10, Large-\$12, Under the sink cabinets (2)-\$10 each, 220V Elta A.C. Unit w/stand-\$100, Transformers: 100W-\$15, 300W-\$24, BRAND NEW (still in box) 220V LG Microwave-\$75, 220V Ikea floor lamp combo-\$15, 220V Ikea desk lamp-\$10.00, 220V Ikea dresser lamp-\$10, 220V Ikea lamp timers-\$3 each, 220V Ikea multi-plug in power strip-\$3, Graco baby stroller/car seat & base combo (NOT Part of the recent recall)-\$100, Maclaren Quest umbrella stroller with rain guard-\$100, Fisher Price Potty Chair-\$10, Little Tikes Mailbox-\$10, Mambo Combo Tent and Tube Trio Set-\$25, Land's End Baby Backpack-\$5. Call 0951-209-4799. (1/24/10)

## MISCELLANEOUS

Looking for friends who I went to school with in Bamberg, Germany from 1975-1977 and also lived at Fort Stewart, Georgia from 1977-1980. Would like to hear from them. They can e-mail me @ [Michael.potter1@us.army.mil](mailto:Michael.potter1@us.army.mil) or [mspotter4000@mchsi.com](mailto:mspotter4000@mchsi.com). Contact Michael Potter at 876-2943 or 876-6701.

WANTED: Large or X-Large Dog Crate that meets airline standards (air holes on all four sides). Please call 0173-582-0499. (01/14/10)

Needed! Someone with cable and surround sound knowledge to hook up my cable, blue ray and surround sound setup. price negotiable. Email [erickapevensey@yahoo.com](mailto:erickapevensey@yahoo.com). (01/07/10)

Newly arrived GI, needs a dependable vehicle, 6 or four cylinders model 1998, and up 15 to 30 - 100's and up, soldier to soldier deal, PCS preferred. [okinawa.jimenez@gmail.com](mailto:okinawa.jimenez@gmail.com). (12/24/09)

Music teacher arrives in Bamberg and offers free music lessons, beginners only. To anyone over 13 years old. Classical guitar, mandolin, violin, harp, vihuela, piano, guitar, accordion, buttons or keyboard. Voice lessons available for adults only. By appointment only. [okinawa.jimenez@gmail.com](mailto:okinawa.jimenez@gmail.com). (12/24/09)

The Bamberg Hospitality House supports the ministry of the Warner Barracks Chapel by offering additional opportunities for discipleship, Bible study, fellowship (that includes food, often!), weekend activities, etc. Join us Friday nights for 6:30 pm dinner and Bible study at our home (Sonnenstrasse7; 96175 Pettstadt; ph 09502-8037, [www.cadence.org/huisjen](http://www.cadence.org/huisjen)). Join us on Sundays at the 11 a.m. Protestant Service (Post Chapel).

The Bamberg Protestant service meets from 11 a.m. to noon every Sunday at the chapel. Our Bible Club (AWANA) for children ages 4 - 6th grade meets at the Bamberg High School gym Sunday evenings from 4 - 5:30pm. Join us as we worship, celebrate, and get to know our Lord. For more information call Chaplain Williamson at 469-1570 or 0951-300-1570.

Mariachi "Cuatro Caminos" has arrived in Bamberg and is currently looking for local talent. Violins, Trumpets, guitarron-base players -vocalist, male and female are needed to play in the area. Please make an appointment to audition. Email [puomariachi@hotmail.com](mailto:puomariachi@hotmail.com). (12/17/09)

## AD SUBMISSIONS

When submitting a classified ad for publication, be sure to include your name, address and telephone number. We will not advertise commercial services. Classified ads will be erased after three weeks of being published in the Warner Weekly. If you have something you want to advertise in the classified section, please e-mail your submissions to [bambergpao@eur.army.mil](mailto:bambergpao@eur.army.mil). We will ONLY accept classified ads by email. We will not accept advertisements by phone or hand-written. These classified ads are a free service to you and in order for us to provide them, they must be in a cut-and-paste text only format. We hope this service is something you will utilize. For more information, call 469-1600 or email [bambergpao@eur.army.mil](mailto:bambergpao@eur.army.mil).



## Recycling Tips

1. When using single-use items, remember to take only what is needed. For example, take only one ketchup packet or napkin if more are not needed.
2. Cardboard can be recycled like many other materials, reducing both energy consumption in production and a huge amount of waste sent to landfill sites.
3. Educate others on source reduction and recycling practices. Make your preferences known to manufacturers, merchants and community leaders. We all have the power to influence others and help create the type of world in which we want to live.



# Military families gain access to free, online tutoring

By Elaine Wilson

American Forces Press Service

WASHINGTON, Jan. 26, 2010 – The Defense Department has launched a free, online tutoring service for servicemembers and their families.

The site, [www.tutor.com/military](http://www.tutor.com/military), offers round-the-clock professional tutors who can assist with homework, studying, test preparation, resume writing and more.

Marine Corps and Army Families have had access to the program for more than a year. Seeing the program's value, Defense Department officials decided to expand the service to encompass all servicemembers and their Families, officials said.

"Providing 24/7 academic and career support for military Families during a time when so many parents have a deployed spouse has been an important and well-received benefit for Marine Corps and Army Families," said Tommy T. Thomas, deputy undersecretary of defense for military community and family policy.

"We are pleased to expand this program to all U.S. military Families and provide peace of mind that their children are never alone when it comes to learning – there is always a certified, professional tutor available to help," he said.

Active duty servicemembers, National Guard and reserve personnel on active duty in a deployed status, Defense Department civilians in a deployed status and their dependents are eligible to participate, officials said.

Along with test preparation, the site is open to students of any age – from kindergartners to high school seniors – for one-on-one help in math, science, social studies and English.

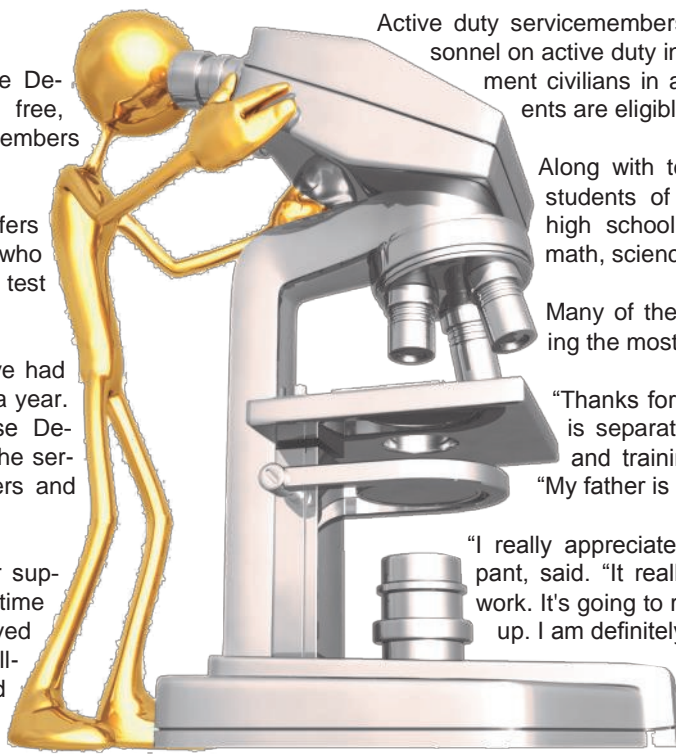
Many of these students, officials said, are making the most of the live, one-on-one help.

"Thanks for having this service when our family is separated at this time due to deployments and training," a 6th grader of a Marine said. "My father is unable to help one-on-one."

"I really appreciate this," a 9th-grade program participant, said. "It really helps me understand my schoolwork. It's going to really help me ace my exams coming up. I am definitely going to use this very often."

Tutor.com's network includes more than 1,800 professional tutors and career specialists who have delivered more than 5 million one-on-one tutoring sessions since 2001, officials said.

Each tutor is certified through the site, and all sessions are recorded for quality control.



(POLICY continued from page 3)

showed many individuals with active installation passes had not entered an installation in more than a year, but that those passes are designed for those who require recurring access on a regular basis.

Another change requires citizens of Cuba, Syria, Sudan and Iran to get approval from a garrison commander to enter installations under that commander's control. For exam-

ple, if a DoD family member's parents are visiting from Iran, the family member must visit the local Installation Access Control System office before those visitors arrive to coordinate signing them onto the installation or obtaining a visitor pass. The IACS office staff will forward an access request to the garrison commander for approval.

The U.S. Department of State currently identifies Cuba, Syria, Sudan and Iran as

state sponsors of terrorism. The State Department's list of state sponsors of terrorism changes periodically; updates can be found online at [travel.state.gov/visa/temp/info/info\\_1300.html](http://travel.state.gov/visa/temp/info/info_1300.html).

A new standardized access roster, AE Form 190-16f, and a new application form for installation passes, AE Form 190-16a, are also part of the changes to access policy, OPM officials said.

(FSBP continued from page 1)

"The garrison did a good job of informing the tenant units about the program," said 1st Lt. Monika Comeaux, 173rd Brigade Support Battalion rear detachment commander.

The program should free up Soldiers and their leaders from the workload associated with daily barracks operations.

"The FSBP takes some responsibilities off the unit commanders' and their supply sergeants' shoulders," Comeaux said. "The barracks furniture will no longer be on their hand receipts which in turn frees up some time to focus on their mission or training Soldiers. It also teaches the Soldier to be a more responsible individual since they will be signed for the furniture in their barracks."

Although the roles and responsibility are changing, the transition doesn't lessen the involvement of the command in maintaining unit integrity and discipline.

"FSBP is an extension and not a replacement of the command," Renger said. "First sergeants and other leaders still have disciplinary responsibilities (and) have to ensure the cleanliness of common use areas."

"They will have access to the barracks 24-7," she said.

Leaders will still have to be involved in how their Soldiers are housed and how they live, Comeaux said.

"They still have to do health and welfare inspections," Comeaux said.

While Installation Management Command-Europe Command Sgt. Maj. Tracey Anbiya said some Soldiers have expressed concern that FSBP will hurt unit integrity, other Soldiers are more apprehensive about the speed bumps the program could encounter during its implementation.

"I hope there is a quick and efficient way of charging Soldiers for lost and damaged furniture, so when the Soldier is clearing post, it does not keep him from ETSing or PCSing," Comeaux said.

Comeaux believes the program should be assessed throughout its implementation to fine tune the processes.

Bamberg plans to run the program in all its barracks' buildings by the end of April.



(*PROVIDERS continued from page 1*)

diers, several of whom have recently PCS'ed. Also some of our contractors have decided they're ready to move home."

One of the clinic's dentists recently extended her deployment to continue to serve troops downrange, further affecting the staff's resources.

"The thing is, as far as our mission goes, treating Soldiers, we're doing very well," he said. "The main thing to realize is that we are not funded to see family members. The Army says that we can do it overseas because sometimes locations are remote or people are more comfortable seeing an American dentist who speaks English."

The effect has not hindered the clinic's mission, but does affect appointment availability for family members and retirees, Wood said. What most beneficiaries don't seem to understand is that local off-post providers should be their main source of dental care.

"TRICARE is not the secondary choice; they're the primary choice," Wood said. "We should be the secondary choice according to the Army. TRICARE Dental is a program of the United States Army and that is what the Army really wants family members to use."

Not only are approved dental facilities available off-post, there are several TRICARE preferred providers in Bamberg.

Dr. George Schad of the TRICARE Europe Dental Office explained the standards he and his colleagues expect local national dental clinics to achieve before listing them as preferred providers.

"Dr. (David) Corman and I have gone out to visit a number of the dentists that are in and around our communities," Schad said. "We have a list of criteria we think it is critical that dentists meet."

The criteria are:

- The dentist at the practice must speak English
- The dentist must be a graduate of a dental school
- The dentist must be licensed in his or her country of practice
- Employees at the practice must sterilize their instruments
- Employees at the practice must wear a mask and gloves when treating a patient

It is crucial that they do this, Schad said. Preferred providers have also agreed to directly file the patient care claim with the insurance company.

Those dentists that comply with these standards but don't see a high number of pa-

## TRICARE FACTS

-There are seven preferred providers currently listed on the TRICARE Web site for Bamberg.

-Monthly premiums are \$11.05 for one family member and \$27.63 for multiple family members.

-The maximum allowable benefit for CONUS/OCONUS is \$1,200 maximum per Active Duty Family Members per contract year (Feb. 1 through Jan. 31) and \$1,500 lifetime maximum per Active Duty family member, Reservist, or Reserve family member for orthodontic care.

-Fillings, oral surgery, periodontic and endodontic procedures receive 100 percent coverage overseas.



tients are usually placed on the verified providers list.

"The local national dentists are very qualified," Schad said. "They have very nice offices; they speak English in most offices. We're getting very good care and service, especially here in Germany. And they're willing and want to have a relationship with American patients. The ones that have that relationship seem to find it very rewarding."

Wood said that the lack of appointment availability should be temporary and that space should become available in the near future, but family members and retirees should feel confident that local providers can meet their dental needs.

Aside from a few select training facilities that are exceptions, military dental clinics in the states only see Soldiers, Schad said. Family members and retirees must seek treatment from civilian dental clinics.

"Ninety percent of the family members in the military are part of the TRICARE dental program in the U.S.," he said. "Family members are on a Space Available basis on post, so that availability is inconsistent. Most of the time when people are going overseas from the states they are advised to stay enrolled in the TRICARE Dental program."

He reminded family members and retirees that enrollment in TRICARE Prime does not cover dental care.

"The (TRICARE Dental) program is really under-utilized," Wood said. "We have a good surgery clinic, yet a lot of people are waiting to get things done and they could easily get them done on the economy."

Schad said it is very common in larger military communities overseas for family members to use off-post dental clinics.

It is a great health care option because the government pays 60 percent of the insurance premium, he said. The other good thing about being overseas is that there are cost shares on most procedures, with little cost to the patient.

To ensure that beneficiaries are aware of procedure costs, many preferred providers agree to pre-treatment estimates.

"We recommend highly that people utilize the preferred dentists," Schad said.

A children's dentist is currently in place at the Bamberg clinic so youth appointments should not be affected.

"As soon as we possibly can, we will take care of family members again," Wood said. "Retiree appointments are on a standby basis."

Despite the recent staff loss, the clinic continues to complete its mission and succeed in providing care for the Soldiers it is meant to serve.

"We're right around 97 percent on our readiness," Wood said. "Our mission is going along beautifully."

Readiness refers to the level of a clinic's fulfillment of dealing with issues. The higher the class ranking of the issue, the higher the concern. To have 100 percent readiness, a clinic must have completed dealing with all Class 3 and Class 4 patients and be prepared to deploy, he explained.

"Wellness means you're into Class 1 and you have everything done, and we're actually calling up those people and getting them in for appointments," Wood said. "Because the bulk of the Soldiers are gone, we're not behind at all on our mission."

Family members and retirees will be assisted by the dental clinic in the case of an emergency, Wood said.

Soldiers, aside from approved circumstances, are not eligible to use off-post dental facilities.

For more information, call the dental clinic at 469-1720 or visit <http://www.europe.tricare.osd.mil/dental/default.asp>.



# Variety of VHS class available this spring

The Bamberg Community Recreation and Learning Center or Volkshochschule (VHS) is offering a variety of classes this spring and fall. Classes range from languages to cooking, from yoga to horseback riding. Some classes are very popular and fill up on sign-up day, which for this semester is Feb. 9, 2010. You can sign up via the German Web site [www.vhs-bamberg.de](http://www.vhs-bamberg.de), or at the VHS office at Traenkigasse 4, 96052 Bamberg. Opening hours are Mon. 9:30 a.m. to 12:30 p.m. and 2 to 6 p.m., Tue., Wed., Thur. 9:30 a.m. to 12:30 p.m. and 2 to 4 p.m., Fri. 9:30 a.m. to 12:30 p.m. Payment is either in cash or via German bank withdrawal so have your bank information ready if you choose this method of payment. The following is only a selection of classes. The number in parenthesis is the course number.

## LANGUAGE:

(3012) German 101 for foreigners; 9 sessions on Thursdays, 6 – 8 p.m.: March 4-25, April 15-29, May 6, 20; cost: €53.58, plus €21 for books  
(3013) Intensive learning German 101 for foreigners on Tuesdays and Thursdays, 6:30 – 8 p.m.; 20 sessions: March 2-25, April 13-29, May 4, 6, 11, 18, 20, June 8; cost: €74.40, plus €21 for books  
(3014) Advanced German for foreigners on Wednesdays 6:30 – 8:30 p.m.; 15 sessions: March 3-24, April 14-28, May 5-19, June 9-30, July 7; cost: €74.40, plus €19.95 for books  
(3015) Advanced German for foreigners on Thursdays 7 – 8:30 p.m.; 15 sessions: March 4-25, April 15-29, May 6, 20, June 10-24, July 1-15; cost: €55.80, plus €18.50 for books

## YOGA:

(4251) A day with yoga on April 24, 9:30 – 4 p.m.; cost: €16.23  
(4260) Yoga, 12 sessions on Mondays 4:35 to 6:05 p.m., March 1-22, April 12, 19, 29, May 3-17, June 7, 14; cost: €44.64  
(4261) Yoga, 12 sessions on Mondays 6:20 to 7:50 p.m., March 1-22, April 12-26, May 3-17, June 7, 14; cost: €44.64  
(4263) Yoga, 12 sessions on Wednesdays 5:40 to 7:10 p.m., March 3-24, April 14-28, May 5-19, June 9, 16; cost: €44.64

(4264) Yoga, 12 sessions on Wednesdays 7:20 to 8:50 p.m., March 3-24, April 14-28, May 5-19, June 9, 16; cost: €44.64  
(4276) Yoga, 15 sessions on Thursdays 8:30 to 10 a.m., March 3-24, April 14-28, May 5-19, June 9, 16; cost: €38.20  
(4281) Yoga, 15 sessions on Tuesdays 9 to 10 a.m., March 3-24, April 14-28, May 5-19, June 9, 16; cost: €38.20  
(4282) Yoga, 15 sessions on Tuesdays 10:15 to 11:15 a.m., March 3-24, April 14-28, May 5-19, June 9, 16; cost: €38.20

## DANCE:

(wear comfortable clothes and sneakers, no dancing partners needed)  
(4821) Greek Dance, 10 sessions on Mondays 7 – 8:30 p.m., March 15, 22, April 12-26, May 3-17, June 7, 14; cost: €58.92  
(4823) Scottish Dance on April 17, 1:30 – 5 p.m., cost: 12.04 Euro  
(4824) Mediterranean Dance on June 12, 1:30 – 5 p.m., cost: €12.04  
(4830) Irish Set Dance, 7 sessions on Wednesdays 7 – 9 p.m., March 3-24, April 14-28; cost: €48.72  
(4835) American Line Dancing, 3 sessions on Saturdays 3:30 – 5:30 p.m., April 17, 24, May 8; cost: €25.80  
(4840) Oriental Dance, 10 sessions on Wednesdays 6:30 to 7:30 p.m., March 3-24, April 14-28, May 5-19; cost: €36.80  
(4860) Samba Brazil on Fri. April 16, 6:30 – 9:30 p.m. and Sat. April 17, 2:30 – 7:30 p.m.; cost: €25  
(4861) African Dance Fri. May 7, 6:30 – 9:30 p.m. and Sat. May 8, 2:30 – 7:30 p.m.; cost: €42  
(4887) Latin Jazz Dance on June 12, 2:30 – 5:30 p.m.; cost: €14.75

## COOKING:

(5400) Frankonian dishes, Sat. March 13, 10 a.m. – 2 p.m.; cost: €12.80 plus €10 for ingredients. Bring a sharp knife, dish towels and containers to take home samples.  
(5403) Easter lamb, Mon. March 3, 5:30 – 9 p.m.; cost: €34.36. Bring containers to take home samples.  
(5410) Spanish Tapas, Mon. March 1, 5:30 – 9 p.m.; cost: €21.02. Bring containers to take home samples.  
(5420) Mediterranean cooking, 6 sessions on Wednesdays 5:30 – 8:30 p.m., March 10-24, April 14-28; Cost: €50.64 plus €30 for drinks and ingredients during class.  
(5425) Moroccan cooking on Fri. March 5, 5 – 9 p.m.; cost: €19.80. Bring containers to take home samples.  
(5428) Chinese cooking, two sessions on Wed. April 21 and 28, 6:30 – 9:30 p.m.; cost: €26.88  
(5430) Indian cooking, four sessions on Thursdays 6:30 – 9:30 p.m., April 15-29, May 6; cost: €53.76

## OTHER:

(4940) Horseback riding - basics, 10 sessions on Fridays 8 – 9 p.m., March 12-26, April 16-30, May 7-21, June 11; cost: €110  
(4941) Horseback riding - basics, 10 sessions on Saturdays 10 – 11 a.m., March 13-27, April 3-24, May 7-22; cost: €110  
(4945) Kayak basics, 5 sessions on Mondays 6 – 7:30 p.m., May 3-17, June 7, 14; cost: €75  
(5000) Beer brewing – Kellerbier – Tue. March 3, 6 p.m. – 7:30 p.m., Fri. 5 March 2:15 – 9:15 p.m., Tue. 14 April 6 – 7:30 p.m.; cost: €33.05 plus €15 for beer, bread and lunchmeat at the class.

For more information on locations of classes as well as information on refunds please contact the VHS directly at 0951-871108. Also, please double check dates and times when you sign up.







# Lunch Time Money Track

Sponsored by the ACS Financial Readiness Program

**Project Echo**

**Learn  
what works  
And  
what doesn't**

**Real Solutions  
for  
Real People**



Join us for lunch time sessions designed to empower people of all income levels to become financially successful. Light refreshments. Please feel free to bring your own lunch.

**Dates Offered:**     **March 16, 24**  
                               **April 6, 14**  
                               **May 5, 18, 26**  
                               **June 8, 16**

**Presentations will run from 11:45 a.m. - 12:15 p.m.**  
**Q&A from 12:15 a.m. - 12:45 p.m.**

**Army Community Services**

**Warner Barracks ♦ ACS Building 7029 ♦ 469-9193**